



Week of 8-3-26 Greenville Splash Workout #1

Warmup: choice 8 min

Preset: 16 x 25 @ :40 (300 > 8 minutes)

4 x 25 drill

4 x 25 kick

4 x 25 swim

Broken 100s: 1800 (900 per round) > 36 minutes (2 x thru)

R1 = free

R2 = choice stroke, kick, free, pull

1. 25 – 25 - 25 – 25 (2:00) – 5 sec rest
50 easy @ 1:00
2. 50 – 50 (2:00) – 10 sec rest
50 easy @ 1:00
3. 75 – 25 (2:00) – 5 sec rest
50 easy @ 1:00
4. 25 – 75 (2:00) – 10 sec rest
50 easy @ 1:00
5. 50 – 50 (2:00) 5 sec rest
50 easy @ 1:00
6. 25 – 25 – 25 – 25 (2:00) – 10 sec rest
50 easy @ 1:00

Warmdown: 2 x 100 ez pull > 4:00

Total: 2300 yards (does not include warmup)



Week of 8-3-26 Greenville Splash Workout #2

Warmup: 1000 > 30 minutes

250 ez warmup

5 x 50 kick choice

250 pull focus on stroke

5 x 50 25 back/25 free

Pre-set: 500 > 12 minutes

10 x 50 @ 1:10 odd: choice drill even: choice swim or kick

Main Set: 2400 > 46 minutes

4 times thru: choice

1 x 200 all rounds @ 3:30

2 x 100 R1 = 2:00 R2 = 1:50 R3 = 1:40 R4 = 1:30

4 x 50 R1 = :45 R2 = :50 R3 = :55 R4 = 1:00

Warmdown: 200 ez choice

Total: 4100 yards



Week of 8-3-26 Greenville Splash Workout #3

Warmup: 5 minutes choice

Pre-set: 400 > 10 minutes

Drill-swim-drill-swim @ :40 interval

4 X 25 free: doggie dig/catch up

4 x 25 breast: 2 kicks/1pull OR dolphin kick/pull

4 x 25 back: 6 beat switch OR 3 beat switch

4 x 25 fly: 2rt/2lft/2reg or 3 kicks/one pull

Main Set: 1500 > 31 minutes

4 x 50 fly/free @ 1:00

4 x 50 back/free @ 1:00

4 x 50 breast/free @ 1:00

3 x 50 fly kick/swim @ 1:05

3 x 50 back kick/swim @ 1:05

3 x 50 breast kick/swim @ 1:05

2 x 50 fly – perfect stroke @ 1:10

2 x 50 back – perfect stroke @ 1:10

2 x 50 breast – perfect stroke @ 1:10

1 x 50 fly @ 1:15 FAST!

1 x 50 back @ 1:15 FAST!

1 x 50 breast @ 1:15 FAST!

Last Set: 300 > 6 minutes

4 x 75 IM or Free @ 1:30 odd: ez even: fast

Warmdown: 2 x 100 ez choice

Total: 2400 yards (does not include warmup)